

Herb-Crusted Turkey Breast with Mushroom-Leek Stuffing

Ingredients:

- 2 TB unsalted butter
- 1 TB chopped garlic
- 4 cups thinly sliced leeks (white and light green parts only, thoroughly rinsed to remove all dirt)
- 3 cups sliced mixed mushrooms (about 8 oz)
- 1/4 cup breadcrumbs
- 1/4 cup pecorino-romano cheese
- 1 1/2 tsp chopped fresh parsley, divided
- 1 1/2 tsp chopped fresh sage, divided
- 1 1/2 tsp chopped fresh rosemary, divided
- 1 1/2 tsp chopped fresh thyme, divided salt and pepper to taste
- 1 TB unsalted butter (at room temperature)
- 1 boneless turkey breast (about 2.5 lbs)
- Butcher's twine for tying up the rolled breast



To make the stuffing, melt the butter over medium-high heat, then add the garlic and quickly sauté (do not burn!). Add the sliced leeks and sauté until soft (about 5 minutes). Add the sliced mushrooms, increase the heat to high, and cook until soft and all liquid has evaporated (about 10 minutes). Remove from heat and add the breadcrumbs, pecorino-romano cheese, one teaspoon each of parsley, sage, rosemary and thyme, 1 teaspoon salt and 1/2 teaspoon pepper. Set aside.

To make the herb butter, use a fork to combine the tablespoon of softened butter with 1/2 teaspoon each of parsley, sage, rosemary and thyme. Set aside at room temperature.

Preheat the oven to 350°F.

Butterfly the turkey breast open with a sharp boning knife. Place it skin side down on a cutting board, cover it with plastic wrap, then pound it out lightly with a meat mallet to flatten it a bit and make it an even thickness.

Remove the plastic wrap and sprinkle the breast with salt and pepper. Spread the stuffing over the (non-skin) surface of the breast to within 3/4" from the edge. Roll it up as tightly as possible, finishing with the skin side up (towards you).

Rub the entire top surface with the herb butter, placing some butter under the skin, if possible. Using butcher's twine, tie up the turkey breast to keep its shape while roasting. Place the stuffed turkey breast on a buttered or oiled roasting pan (or on a baking rack in a pan).

Roast, uncovered, until the stuffed turkey reaches an internal temperature of 165°F, about 1 1/2 hours. Cover the turkey if the top begins to get too brown. Remove from the oven and let it sit, covered, for about 15–20 minutes to let it set before slicing. Snip off the butcher's twine, and serve.

Nutrition Info per serving (6.5 oz/185g-wt.): 240 calories (60 from fat), 7g total fat, 4g saturated fat, 34g protein, 11g total carbohydrate (2g dietary fiber, 2g sugar), 100mg cholesterol, 300mg sodium

Serves 6–8

Recipe from: <http://www.wholefoodsmarket.com/recipes/recipe.php?recipeId=1171>